

ABSTRAK

tidak menular (PTM) seperti diabetes melitus dan hiperkolesterolemia merupakan ancaman kesehatan global utama, khususnya pada kelompok lanjut usia yang mengalami penurunan fungsi fisiologis tubuh. Penelitian ini bertujuan untuk mengetahui gambaran kadar glukosa darah puasa dan kolesterol total pada peserta prolanis di Puskesmas Kramat Jati berdasarkan jenis kelamin, aktivitas fisik, dan kelompok usia.

Penelitian deskriptif kuantitatif dengan menggunakan teknik purposive sampling, sebanyak 40 responden. Data diambil melalui pemeriksaan glukosa dan kolesterol dengan metode poin of care testing menggunakan alat *Easy Touch*.

Hasil menunjukkan bahwa terdapat 48% responden dengan kadar glukosa abnormal dan 38% responden dengan kadar kolesterol abnormal. Untuk jenis kelamin, prevalensi abnormalitas lebih tinggi ditemukan pada laki-laki (glukosa 50%, kolesterol 40%) dibandingkan dengan perempuan (glukosa 45%, kolesterol 35%). Aktivitas fisik, responden yang tidak aktif memiliki risiko lebih tinggi terhadap kadar glukosa abnormal (53%) dan kolesterol abnormal (47%) dibandingkan dengan kelompok aktif. Berdasarkan kelompok usia, abnormalitas tertinggi kategori lanjut usia akhir (≥ 80 tahun) dengan glukosa abnormal 71% dan kolesterol abnormal 57%. Hasil penelitian ini menunjukkan kadar glukosa darah dan kolesterol abnormal pada peserta prolanis masih dipengaruhi oleh faktor jenis kelamin, aktivitas fisik, serta usia.

Kata Kunci : Glukosa, Kolesterol, Lansia, Prolanis, *Easy Touch*.

Kepustakaan : 42

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ABSTRACT

Non-communicable diseases (NCDs) such as diabetes mellitus and hypercholesterolemia are major global health threats, especially in the elderly group who experience a decline in the body's physiological function. This study aims to find out the overview of fasting blood glucose levels and total cholesterol in prolanis participants at the Kramat Jati Health Center based on gender, physical activity, and age group.

Quantitative descriptive research using a purposive sampling technique, as many as 40 respondents. Data was taken through glucose and cholesterol examination using the point of care testing method using the Easy Touch tool.

The results showed that there were 48% of respondents with abnormal glucose levels and 38% of respondents with abnormal cholesterol levels. The prevalence of abnormalities was found higher in males (glucose 50%, cholesterol 40%) than in females (glucose 45%, cholesterol 35%). Physical activity, inactive respondents had a higher risk of abnormal glucose (53%) and abnormal cholesterol (47%) levels compared to the active group. Based on age group, the highest abnormalities were in the category of late elderly (≥ 80 years) with abnormal glucose 71% and abnormal cholesterol 57%. The result of observation that abnormal blood glucose and cholesterol levels in prolanis participants are still influenced by male sex factors, lack of physical activity, and increasing age.

Keywords : Glucose, Cholesterol, Elderly, Prolanis, Easy Touch.

Reference : 42

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